

## Chinese Coleslaw<sup>25</sup>

Number of Servings: 25 (74.36 g per serving)

Amount	Measure	Ingredient
1 1/2	cup	Vinegar, cider
1/4	cup	Oil, canola
7.00	Tbs	Sugar
2 1/2	ea	Soup, ramen noodle, chicken flvr, dry pkg
3 3/4	qt	Cabbage, fresh, shredded
3/4	cup	Onion, white, fresh, chpd

### Nutrients per serving

Nutrition Facts	
Serving Size (74g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Vitamin C 25%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

Combine vinegar, oil sugar and seasoning packet from Ramen Noodles and mix into cabbage. Chill.

Break Ramen Noodles into small pieces about 1/2 inch in length. Just before serving combine Ramen Noodles with the cabbage. Serve approximately 1/2 cup per serving.

1 serving = 1/2 c. coleslaw = 1 CS

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

#### Holding :

- Hold for cold service at an internal temperature of 41 F or lower.